

Traditional Cape - BOBOTIE

Ingredients:

1 thick slice of white bread
50 ml of cold milk
500g ground lamb (or beef mince)
1 onion (finely chopped)
5 ml salt
1 ml freshly ground black pepper
2 ml garlic flakes
10 ml medium curry powder
1 ml turmeric
12.5 ml chutney
12.5 ml vinegar
3 eggs
1 bay leaf
12.5 ml maize flour
12.5 ml cold water
350 ml boil milk



Method:

Preheat the oven to 160°C.

Soak the bread into the milk and then squeeze out the excess milk. Keep the soft bread aside.

Mix the mince, onion, salt, pepper, garlic flakes, half the curry powder, turmeric, chutney, vinegar, 1 egg and the soft bread.

Spoon the meat mixture into a well-greased, ovenproof dish.

Put the bay leaf in it and bake it on the middle oven rack for 15 minutes so that the BOBOTIE can form a crust on top.

Keep it warm aside.

Beat the remaining 2 eggs together and hold it one side.

Mix the corn flour, the rest of the curry powder and the cold water to a smooth paste and stir this with the beaten eggs.

Add the cooking milk gradually and simmer until slightly thickened. Stir this constantly.

Remove the mixture from the plate and pour it over the BOBOTIE.

Bake the BOBOTIE another 25 to 30 minutes on the middle shelf of the oven until it is firm and light brown.

Serve hot on yellow rice (rice cooked made with a pinch of turmeric) and add chutney to taste.

History:

The origin of the word BOBOTIE is contentious. The Afrikaans etymological dictionary claims that the probable origin is the Malayan word "boemboe", meaning curry spices. Others think it to have originated from "bobotok", an Indonesian dish which consisted of totally different ingredients. The first recipe for BOBOTIE appeared in a Dutch cookbook in 1609. Afterwards, it was taken to South Africa and adopted by the Cape Malay community. It is also made with curry powder leaving it with a slight "tang". It is often served with sambal. The dish has been known in the Cape of Good Hope since the 17th century, when it was made with a mixture of mutton and pork.